The 15 Successful Habits

Learn The 15 Successful Habits for Success & Achievement

By Christopher Liam Rose

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Introduction

Success is something that everybody wants in their life. Many people want to become very successful to make their dreams and desires come true. To be successful, you need to have the right habits that will help you to achieve your success. In this book, I am going to show you how you can use certain habits to achieve all the things you want in your life. These 15 habits have made me become a very successful person that has been able to achieve all my dreams and desires. I want you to understand that the 15 successful habits are the key to self-development and self- transformation. All of the 15 habits will help you to become the person you need to be.

The 15 Successful Habits is a book about developing your habits to become what you want to be in life and to live your life purpose. The 15 Successful Habits is a guide to understanding the Important habits that will help you become who you dreamed to be. In learning the 15 Successful Habits you will learn how to achieve your goals, dreams, desires and become the person your destined to be.

The 15 Successful Habits is very important in life and you will be able to reach your dreams & desires by understanding the 15 successful habits that help you to achieve success & achievement.

I hope this book will serve inspire you and help you to become what you want to be in your life.

Let Begin!!!

Successful Habit 1: Morning Routine

Developing a Morning Routine is the key to

Success & Achievement

Successful Habit 1: Morning Routine

How you start your day is how you end your day. What I mean by this is if you are in a bad mood when you wake up, you will feel low and depressed for the rest of the day due to waking up feeling that way.

You need to have a morning routine that helps you to get into the right mental state. There are lots of different ways you can start your days. For example, making sure you make your bed every morning, making sure you pray to God and give thanks, reading a book for 30 minutes, having a bath/shower in the morning to freshen up, etc. Developing your morning routine will help you to achieve success throughout the day. Please remember your life is made up of what you do throughout the days & times. By developing a morning routine, you will help yourself to be energized and ready for the day. It is very important to develop a morning routine.

Morning Routine is the key to Personal Transformation and by developing a morning routine you will develop the vital habit which make you become success and work towards your dreams and desires.

There is no end to how you start your morning; it is really up to you. I normally spend my morning waking up and I say three things I am grateful for, then I do 10 minutes of prayer/thanking God for everything, and then I have breakfast and after breakfast, I have a hot bath. I also write in my journal about how I am feeling and reflect on my dreams and desires.

Your morning ritual is catered to yourself so you can find something that is very important to you to do in the morning. Some people start there days by doing mindfulness, prayer, meditation to help them get into a calm mental state. Some people take walks outside in nature or doing journalling about their dreams & desires and plans for the day. You can choose what morning routine you want to do for yourself and how your start your day is how you end your day. Remember a morning routine is important for your self-development and self-care so choose the right morning routine that will help you to feel energized and ready for the day.

If you are in a positive mental state, you will feel good throughout the day even when things go wrong. A morning routine is key to having a successful life. Most successful people have their morning routine to start their days. You need to take 30 minutes to 1 hour for yourself every single day in the morning. The morning routine will change your mental state and will help you to feel good within yourself.

It is so important to wake up feeling energized and passionate about the day ahead. Having a morning routine set you up for success in your day. For many years, I have spent time making sure I am in the best mental state to start my day right, and positively.

Your morning routine is the key to how you live your life throughout the day. Please make the right choice & decision to develop a Morning Routine.
Think about a morning routine you can do every day to make you feel good and happy.

Successful Habit 2: Continuous Learning

Learning Everyday is the Secret to Success & Achievement

Successful Habit 2: Continuous Learning

Learning is very important. If you want to be successful, you need to be continually learning new things. In life, the people who achieve the most success are learners. Learning is something that helps your psychology and self-development. Successful people are always learning new things in their life. This success habit is a must-do if you want to become successful and achieve greatness.

Spend at least 2 hours every day learning new things and growing as a person in your life. This could be reading, listening to podcasts, studying a course, or attending events. Developing the habit of learning everyday will help you to achieve massive success within your life and you will be able to grow as an individual.

There are so many ways you can learn and develop yourself further within your life. Learning is the Holy Grail to spiritual transformation. You can change your life in any way that you want to if you learn how to do it. Learning is a lifelong journey that never stops until you die because every day you can learn something new. Spending time in learning and self- development will help you

to achieve success and help you to become a better version of yourself. Remember learning is something you should be doing every day, the more you learn the massive growth you can experience.

Learning is a process that help you to become who you want to be. If you learn and spend time understanding new things then you will grow into an individual that can achieve anything within their life because learning is the holy grail of spiritual change.

Learning can be a self-transformation process which can help you to become the person you need to be within your life there are so many ways of how you can learn and develop yourself as an individual I am going to list some ways of how you can learn and develop yourself.

Ways of How You Can Do Continuous learning

Books AudiobookVideos Events Messages Sermons
Helping Other People Learning from Others
Learning from Yourself Journaling
Faith
Podcasts Nature
Humanity, Animals, Universe
Spiritually Helping Other People

I would recommend you spend time doing continuous learning for your self-development and spiritual development. Learning is something that should be done daily and the more you learn about yourself and develop your mindset & skillset is the more success and achievement you can receive.
Remember that learning is the way you become who you want to be and by learning and understanding you develop knowledge & wisdom.

Having knowledge & wisdom can help you in all part of your life and the wiser and smarter you are the better choices & decisions you will make.

Learning is the key successful habit of the most successful and life has lots of life lessons which can help you learn and understand.

Successful Habit 3: Reading Books

Reading Books Daily Is the Secret to Knowledge & Wisdom

Successful Habit 3: Reading Books

Books are one of the most important things because they contain information that can change your life. Reading books is the secret to becoming highly successful. Most successful people are always reading books and learning new things. This habit will change your life forever once you get into the habit of reading books daily. Spending 30 minutes to 1 hour reading inspirational books & spiritual books can help you. Reading books has become very important in self-development and spiritual development. Books contain knowledge & wisdom which will help you grow as an individual. The more time you spend learning and reading books the more you develop yourself as an individual.

Some of the best books to read are business books, entrepreneurship books, self-help books, personal development books, and spirituality books.

Nowadays, books are very cheap to buy from online stores such as Amazon and eBay. Books cost from £5.00 to £50.00 - for a great book. Mastering this habit of reading will turn you into a wiser/smarter person. Some books have information that can change your life by just reading it. The more you read, the more you learn, and the more you learn, the more you grow. Make it a habit to read a book every day of your life and you will be successful. Reading books is a daily habit that you need to develop to become the person you want to be.

You will understand life and how to process information easier if you start reading books. I would recommend make this a habit in your life today and start the process of reading books. Books can contain the information that can spiritual transformation your life in amazing ways. Also, when you read books, you're learning from the Author of the books you reading from and you're understanding their knowledge and wisdom. Books are very important in spiritual development and start reading books today.

Reading Books is the best way to grow your knowledge & wisdom and books contain powerful information which can transform your life.

Successful Habit 4: Exercising/Working Out

Exercise & Workout is the secret to health & Vitality

Successful Habit 4: Exercising/Working Out

Exercising is very important for your health and well-being. We all need to exercise to make sure we have a healthy body and mind. Most successful people carry out exercises daily to stay healthy and fit. To be successful, you need to work on your physical health, mental health, psychological health and emotional health. It is so important to exercise and maintain a healthy diet. Foods, drinks, and exercises are all important in maintaining your body and mind. You should make it a habit to go to the gym three times a week, and focus on cardio or weight lifting. This will ensure you have the energy to focus on your dreams and desires and become what you want to be. Exercise is a must do to become what you want to be in life the more you work out and exercise the healthier and better you feel. There is an important habit of exercise that will transform your daily life in every way which is to spend 1 hour doing Cardio and 1 hour doing weight lifting, this way you are working your physical health and mental health. Exercises is
something we need to do in life and it is very

important.

Please make sure you spend time exercises and workout because this can be the difference between living a healthier life or become unhealthy. This is very important habit and very important to do. Make sure you exercise regular and maintain regular workout sessions throughout your week.

If the gym is not the right thing for you, there are other ways you can exercise. You can exercise at home and do a workout in the privacy of your own home. You can take a walk in the park and enjoy the fresh air while you think about your dreams and desires. You should spend 30 minutes to 1 hour exercising your body and moving. This will help your physical health, mental health, emotional health, and spiritual health.

This habit is a must if you want to achieve your success. Without good health, you have no proper life. Health become very important in life you need a healthy mind and body to achieve your dreams and desires. Please make sure you spend some time working out and doing exercises. This is important for health and wellbeing.

Exercising & working out can be one of the most enjoyable things you do in your life because when you work out and exercise your helping your mind, body, soul. Exercise & working out help you to have more energy and vitality so it very important you make exercise & working out a daily habit.

Successful Habit 5: Writing in A Journal

Journalling is the secret to Self-Knowing & Self Awareness

Successful Habit 5: Writing in A Journal

Writing in your journal is one of the best ways to process how your life is going at the present moment. It is very powerful to write all your dreams, ambitions, motivations, feeling, fears, and emotions in your journal. Most successful people have a personal journal that they write into. This habit is a must for your personal development and future. Every day, you should write in your journal about how your day goes and your thoughts. Journal writing has been used for years to process all of the life experiences a person has. A journal is personal to the person and should be kept private unless the person wants to share it with other people.

Journalling is an important habit to spiritual growth and spiritual development, as you write in journal about what is happening within your life and your experiences you start to see things within your life and learning within your life that can completely transform you in every way.

There is something special about writing in journals and process your feelings and emotions. It is important to write in the journal everyday but it is so important to understand your learning and what can help you to move forward in life.

Journalling should be everyday and you process the writing of what you have wrote in your journal. Developing the habit of journalling is a Spiritual Process you will learn to discover who you are as a human being and learn to manage your feelings and emotions.

It is important to journal about everyday life because life will have ups and downs but the learning and understanding you gain from this is spiritual liberation and spiritual transformation.

All have a journal with you everyday and learn from everyday life experiences this is one of the most important habits to develop. You cannot become who you want to be if you don’t process your feelings, thoughts, emotions in a journal this is very vital and important for spiritual growth. Journalling is an everyday process of writing the more you learn about yourself they better awareness you have of yourself as an individual. Journalling must be done for your spiritual development and learning.

Journaling is a journey of understanding who you are and how you think. Journal has helped many people over the centuries. This is a must habit to become successful.

Here are some Journal Prompts You can write about in your Journal

Journal Prompts Dreams & Desires

How am I feeling today What is on my mind today
How can I overcome my negative thoughts?

What goals do I want to work on today?

3 things that I am grateful for

What is my 10-year Vision for my life?

What is my 5 Year Vision for my life?

How can I be authentic my myself?

What are some of the things I want to work on today?

Successful Habit 6: Surround Yourself with Successful People

Your Social Network is Your Wealth

Successful Habit 6:
Surround Yourself with Successful People

This is key to your success. Surround yourself with successful people who are always positive. In life, it is not what you know but who you know that makes the difference between having real success or not. Most successful people socialize with people that are on the same wavelength and have a similar mindset and characteristics. They always spend time with people who are achieving wonderful and positive things in their lives. Your social network has a massive part of your success because the people in your life that help and motivate you to become better, help you stay driven to achieve your dreams and desires.

They say you become like the five people you surround yourself with. Have people in your life that care about you and want you to succeed, this is a

key to true success. Spend time with people that inspire you and help you to become better.

This habit is a must and key to personal success. No real successful person achieves real greatness or significance by themselves. They had people who helped and encouraged them to succeed. People who are wealthy stay with other wealthy people. What I mean is that rich people hang out with people that are wealthy and successful. The more you socialize and build a network of like- minded people around you are the higher you will go in your life. Your social network is your net wealth what I mean by this is if you're with inspiring people who are achieving dreams & desires within their life this will motivate you to move forward and become who you want to be. Not all individual is success and not all individual have the motivation. Be very careful about who you spend time with and who you talk with because build your social network take time and patience which shouldn't be rush. This is one of the habits between success and failure in life. Your social network is what inspire you as an individual so choose friends, family, relative, colleagues wisely.

It is important to find the right people to

spend time with and socialize with and sometimes you can learn about friends, family, relative, colleagues' life experience which will help you in your spiritual

journey and development. Don’t spend time with everybody because most people don’t have the inspiration or inspire you to achieve your dreams and desires.

You can inspire and motivated by your social network if you find the right people to spend time with it is so important for your spiritual development.

Sometimes the closest people within your life would not necessary be the people you need to be around for your spiritual development.

Some people are very inspiration and motivation and some people don't have the same dreams and desires as you.

This is very important to remember because we are all individual first so not every individual will have your dreams and desires.
Finding the right people is the difference between success and failure and this is very important.
Social Network can help to find spiritual meaning if you find the right people

Successful Habit 7: Helping Other People

Helping Other People & Giving Back Is the Secret in Spiritual Contributions

Successful Habit 7: Helping Other People

The way you serve and help other people is the key to real success. In life, you must be a giver and serve other people who are going through difficult times. Helping other people is the way to achieve real success and fulfilment. I have been helping other people for many years and it has been so rewarding and fulfilling to me.

When you help other people and give back, the universe will help you in return. You can achieve financial abundance by serving and helping lots of people. In life, we all have a purpose to serve and help another human being. That is what our creator God wants all of us to do. This habit is so important and is one of the key habits to success and fulfilment.

You can help other people in your job/career, by volunteering or in business, or simply by helping your family and friends. The successful people are focus on helping other people and making a real difference. The more you help other people and

give back, the bigger difference you will make. They say, to be a billionaire, you need to help a billion people. Everything you want out of life comes when you give to other people.

Giving is the secret of life and what you give makes all the difference. If you are support people and give your time, energy, passion towards helping other people, everything you desire will be yours.
Helping other people has always been so important in society and the world. You find your inner fulfilment and joy serving and helping other people.
Helping other people is the secret to spiritual change & spiritual liberation
Use this habit to change your life and begin to serve other people in your life.

There are 4 Levels in Helping Other People & Giving Back

4 Levels of Helping Other People

Level 1– Volunteering (Good Level in Helping Other People)
Level 2– Career/Employment (Great Level in Helping Other People)
Level 3– Business (Highest Level in Helping Other People)
Level 4– Faith/Spiritual (Spiritual Level in Helping Other People)

I want you to understand that Helping Other People & Giving Back is the most important vocation & career path to ever do in life and within our life we should be people who are helping other people and making a difference.

Helping Other People & Giving Back is the difference you make into

Successful Habit 8: You Love to Do Love the Work You Do

Successful Habit 8: Do
What You Love to Do

There has always been a saying, “Do what you love and your heart will be there also”. In doing what you love, you find pure joy and happiness. Spending time on the things you love to do is how you live a very successful life. All successful people spend time on the things they love to do. You need to do things you enjoy in life to get emotional intelligence.

There is a link between your passion and what you love to do. People normally find their passions from doing the things they enjoy. You can love multiple things and these things can make you feel fulfilled. I enjoy learning, eating good food, listening to music, going to the gym, and other things. Doing what you love is how you live life with intention and meaning. This habit is used by all the millionaires and billionaires of the world today. Spend time in your passion and devote your life to doing the things you love. Through doing this, you will have everlasting joy and fulfilment. To be your

best self, you need to focus on what you love. Doing what you love to do is a choice and decision you need to make for your spiritual development. It is important to do work which help to give you meaning and value and do something which is linked to your core values and beliefs. Finding what you love to do is a
very important thing and you will not become joyful and happy until you find what you love to do.

It is important to find what you love to do because this will give your energy and make you feel fulfilled.
Work should be something you love to do and you cannot wait to wake up in the morning to work on the things you love to do.
Remember doing what you love – love what you do is very important in spiritual development and spiritual fulfillment.

Successful Habit 9: Passion, Purpose, & Persistence

Develop Your Passion – Purpose – Persistence

Successful Habit 9: Passion, Purpose & Persistence

In life, it is so important to find your passion and purpose because this will motivate you to achieve greatness. Having a passion and purpose is the way you become persistent. Moving forward in life takes knowing your true values, beliefs, and the things that matter to you. Passion is what you love, purpose is how you view your life and what matters to you the most (direction), and persistence is how you move forward through adversity and problems. All successful people know their passion and purpose and they persist to achieve their dreams and desires. To be successful, you will need to follow your passion, purpose, and stay consistently persistent. Achieving success is a very hard thing, but the more you focus on your passion, purpose, and persistence is the way you will achieve true success. Remember being passionate,

purposeful, persistence is part of your life journey you need to find something in life that make you passionate. This is very important for your spiritual development. Passion, Purpose, Persistence is the habit of people who stay focus on what they are called to do and work everyday towards their dreams and desires.

It is important to find motivation but it is even more important to find passion & purpose

. The passion and purpose give you the energy to move forward. Remember staying focus on dreams & desires is very important when you find passion and purpose.

Passion & Purpose will give your persistence and encouragement to go towards your dreams & desires.

Successful Habit 10: Be Creative

Creativity is the secret to productivity

Successful Habit 10: Be Creative

Creativity is a skill you must master to be successful. The most successful people are very creative. You can be creative in many different ways like;
Financially – Finding different ways to earn money Artistically – Being very skilled in creative arts Professionally – Finding ways to move up in your career In Business – Finding ways to grow your businesses
Relationship – Finding different ways to keep the relationship romantic and special
These are just a few examples of how being creative can help you in life. Using your creativity to solve problems is the way you become very successful and happy. We all have gifts and talents inside of us that we need to use to become a better person and to solve the challenges and problems we face.
Creativity helps you to create things of value and meaning and can be used to develop yourself. You can think of creative ideas to help you get to the next level in your life. This habit can be used in many different ways to improve yourself and

get past adversity. You should practice your creative skills all the time and use your intuition to find what works for you. Being creative is how you use the skills and abilities that you have learnt throughout your life in ways that give you meaning and value.

Being creative is very important but the important habit is how you use your creativity.

Successful Habit 11: Being in The Present Moment

Stillness & Quietness in Present Moment

Successful Habit 11: Being in The Present Moment

Right now, we are all living in the present moment. Your past has gone into time/space and is now part of history. Your future is being created by every action you take in the present. Living in the present moment means to appreciate your life at the present moment. Everything that has happened in your life has led you to this present moment. Becoming more grateful and accepting your life is very important. Most successful people just focus on their life today and take real actions to work towards the future. Being humble will help you realize that all you have is the time right now to make your life have meaning and value.

To really understand how to live in the present moment you need to practice mindfulness and learn how to be mindful throughout daily life. Life has ups and downs but when you stay present in
the moment you find joy and peace.

Living in the present moment is the key to spiritual change and spiritual liberation. You need to learn how to be still and quiet without worrying about daily life issues.

This habit will help you to become more contented in your life.
Stillness & Quietness help you to be present in the moment. Your life has always been in the present moment there is no past, present, future everything is happening right now in the present moment.

Learn to appreciate all of life within the present moment.

Successful Habit 12: Understanding Yourself

Know Thyself – Understand Yourself

Successful Habit 12: Understanding Yourself

In life, we need to understand ourselves to find out what is important in our lives. Understanding yourself is the biggest habit that you must master to become successful. Spending time with yourself and learning things about yourself is the way you grow and develop into a better person. All successful people know a lot about themselves which helps them to make real choices and decisions in their lives. Understanding yourself is life mystery and there no one that can tell you want you need to learn about yourself this is something you have to discover and find within yourself. If you understand yourself you will learn about what is important in your life and what are the right spiritual choices and decisions that you need to make in your life. Understanding yourself is the spiritual knowledge and wisdom. Understanding yourself is life journey. This is one of the most important habits to every develop.

You have to understand yourself to know what you want out of life. Everybody is on a life long journey to understand who they are. Life is about the process of self-mastery. You

would need to master yourself to become what you want to be and achieve your dreams and desires.

Understanding yourself means learning about yourself, your passions, gifts, strengths, weakness, pleasure, what makes you happy, and what you love. This is the most important habit of all and you should spend lots of time understanding yourself.

You can do this in many ways such as;

Spending time alone with yourself

Spending time with nature

Helping Other People

5 Spiritual Practices – Prayer, Mindfulness, Meditation, Journalling, Walking

These are just a few ways you can learn to understand yourself. This habit will help you to become a completely whole person and a better individual. You cannot become a total complete whole individual if you don’t understand yourself.

Successful Habit 13: Listening to Podcasts/Audiobooks Listening Is Learning

Successful Habit 13: Listening to Podcasts/Audiobooks

Listening is the best way you can learn new things. When you listen, you understand what somebody is trying to say and it helps you to develop your hearing. Listening to podcasts and audiobooks is one of the best ways to learn something new. You can learn new things as you do your daily duties like cleaning, driving, exercising, walking, and traveling. It is important to listen to motivational or inspirational programs that can help you develop yourself.

Most successful people listen to podcasts and audiobooks to develop their learning, knowledge, and wisdom. You should spend 30 minutes to 1 hour daily listening to powerful podcasts and audiobooks. This habit will develop your learning ability and make you smarter and wiser. Through

listening, you can develop your memory power because when someone is talking; your brain/memory can remember what that person is saying and it sticks.

You can listen to podcasts and audiobooks in different ways such as;

YouTube Spotify
Google Search (Type in podcast or audiobooks)
Audible
SoundCloud

These are just a few ways of listening to podcasts and audiobooks. Make it a habit to learn from podcasts and audiobooks every day and your success will be amazingly prosperous. Listening can be a spiritual process of learning and understanding. The most you listen the more you understand this is very important and if you listen you will learn.

Successful Habit 14: Relaxation

Relax & Chill Out

Successful Habit 14: Relaxation

Relaxation is important because you need to look after yourself and rest well to stay healthy. You need to make time to relax and unwind from working and your busy schedules. Most successful people make time throughout their day to relax and chill out.

You should spend time in relaxation to help you recharge when you're having busy days at work or in your business or family. Make time to relax and try to focus on looking after yourself.

These are just some examples of how you can relax. Making time to look after yourself properly will be a sure way of being successful in your life. There is a saying that “Rome was not built in a day”. You cannot do everything all at once, you need to take your time and work/relax to get to your visions and dreams. Having the right balance of work and relaxation is the way to create a life of great fulfilment.

This habit is all about self-care and feeling good within yourself. If you make time to relax, you will be more productive because you give the body and mind rest to reenergize. This habit is a must if you want to become successful. Relaxation is just as important as work and you must give yourself time to relaxation.

There different ways you can relax such as;

Having a hot bath/shower
Taking a walk in the park
Listening to music
Enjoying a good meal
Socializing with friends and family
Meditation, Mindfulness

Journalling
Sleeping in your bed

Successful Habit 15: Being Around Nature

Nature is Therapy

Successful Habit 15: Being Around Nature

Nature has so many wonderfully positive things within it that you can use to give yourself a deeper perspective on life. Spend time in nature helps you to find more meaning in your life.

There are different ways on how you can be with nature such as;

Going to a park
Seeing animals in the wild
Traveling the world to interesting places
Going on the beach
Traveling on a boat and being in the water]
Socializing with different people
Looking at the plants, trees, weather, and scenery

These are the different ways you can be with nature. Most successful people spend time in nature to help them appreciate their life. Making quality time to be with nature will help you to have a more positive mindset and help you to see the finer things in life.

Life is about loving the simple things and getting enjoyment and happiness from the things that matter to you the most. This habit will help you find meaning and give you a better

worldview. Make time to spend time in nature and give yourself space & time to connect with nature and environment.

Outroduction

The 15 Successful Habits in this book will help you to become successful, happy, and fulfilled in your life. Using all 15 Successful Habits in your life is the way you will grow and become the best version of yourself. I hope these habits will help you in your life and that you will prosper and achieve many positive things within your lifetime.

The 15 Successful Habits is important for spiritual development & spiritual change

Thank you for reading.

Christopher Liam Rose (C. Rose).

Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present.

Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity.

Christopher Liam Rose has now worked with Paul

Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre).

Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma.

On 30/09/2014 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose

owned including possessions and music equipment.

Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires.
Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse

Chapel International #LCI 2014 – present.

Christopher Liam Rose respects and honors Dag Heward Mills for all of his teachings, sermons, videos and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in

faith, Christianity, and Spirituality.

I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu

Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing in my life to learn and understand Jesus Christ & God. My faith, Spirituality, and Christianity are very important to me, and being with Jesus Christ & God makes me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that is why I can be an Evangelist and Teacher in Faith, Spirituality, and Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse. My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please

remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, and Christianity and become the person you want to be

The 15 Successful Habits

Learn The 15 Habits for Success & Achievement

The 15 Successful Habits
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Christopher Liam Rose Books Christopher Liam Rose Life Story (Part 1) Be What You Want to Be
The 15 Successful Habits Selfless Anointing Life Purpose
Helping Other People Giving Without Receiving Fulfillment
Learn
It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are
The Evangelism Ministry Learning Is a Part of Living the Self Is the Problem
I Don't Want No Self Miracles

Christopher Liam Rose Journal 2015 – 2016 (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017 Losing, Sacrificing, Suffering Observation

Christopher Liam Rose Testimony

SGR BOOKS – Christopher Liam Rose Music Discography Christopher Liam Rose Journal 2018 -2019

Christopher Liam Rose Life Story (Part 2) Christopher Liam Rose Life Story (Biography)

Imperfection To Perfection (Repentation) Christopher Liam Rose Journal 2019

SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)

Losing Is Inevitable

Christopher Liam Rose Life Story (Part 3) 4 Levels of Helping Other People

4 Levels of Helping Other People (Complete Version) Overcoming Adversity – Life Challenges – Life Problems #OALCLP

How To Overcome Suffering #HTOS Pay the Price #PTP

5 Spiritual Practices #5SP

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I Hope The 15 Successful Habits help you to achieve Success & Achievement

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